

Project AWARE Supply Checklist

An “*italicized**” denotes those things that are required

Don't Leave Home Without It:

- ☐ *Identification**
- ☐ Driver's license
- ☐ Cash
- ☐ Credit card
- ☐ Phone calling card
- ☐ *Health insurance information**
- ☐ *Water bottle(s)**
- ☐ *Personal Cooler for Lunches**

First Things First:

- ☐ Dry Bag
- ☐ Spare paddle
- ☐ *Life jacket – Appropriately sized**
- ☐ Emergency whistle
- ☐ Seat pads
- ☐ Duct tape
- ☐ Bilge Sponge or Bailer
- ☐ Rope or bungee cords to secure day packs
- ☐ Car keys

Shelter From The Storm:

- ☐ Tent
 - ☐ Rain fly
 - ☐ Stakes
 - ☐ Poles
 - ☐ Ground cloth
- ☐ Sleeping bags
- ☐ Air/Ground Mattress
- ☐ Camp chairs or butt pads
- ☐ Camp pillows

Come And Get It!:

- ☐ *Reusable Dinnerware**
 - ☐ Silverware
 - ☐ Plate
 - ☐ Cup
 - ☐ Bowl
- ☐ Daily snacks/trail mix
- ☐ Biodegradable soap
- ☐ Waterless Hand Sanitizer
- ☐ Dish towel
- ☐ Extra zip lock bags

That Rainy Day Feelin' Again:

- ☐ Flashlight or headlamp
- ☐ Fresh batteries, spares, and spare bulbs
- ☐ Paperback book
- ☐ Journal, notebook, or sketch pad
- ☐ Pencils and pens
- ☐ Travel board games
- ☐ Playing cards
- ☐ Binoculars
- ☐ Bird and plant books
- ☐ Hacky sack
- ☐ Frisbee

Dress For Success:

TIP: Pack fresh clothes in Zip-lock bags and put a sheet of fabric softener in each bag.

- ☐ *River Boots (trashed out tennis shoes or boots – sandals NOT recommended)**
- ☐ *Leather Gloves* + 1 extra pair*
- ☐ Camp shoes, mocs, or sandals
- ☐ Extra Socks
- ☐ *Extra set of warm, dry clothes**
- ☐ Bandanas
- ☐ Windbreaker
- ☐ *Rain pants**
- ☐ *Rain jacket**
- ☐ Cap with sun visor
- ☐ Sunglasses
- ☐ Safety Strap for Glasses

Thanks For The Memories:

- ☐ Waterproof or cheap disposable camera
- ☐ Fresh film
- ☐ Fresh batteries and spares

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Gettin' Personal:

- ☐ Toilet Paper
- ☐ Toothbrush
- ☐ Toothpaste
- ☐ Floss
- ☐ Deodorant
- ☐ Hair brush or comb
- ☐ Soap & Shampoo
- ☐ Towel & Wash cloth
- ☐ Shower sandals
- ☐ Chapstick – Lip Gloss
- ☐ Sunscreen
- ☐ Bug dope
- ☐ Hand and body lotion
- ☐ Pain reliever
- ☐ First Aid Kit and book
- ☐ Personal medications and medical information
- ☐ Emergency coins and money
- ☐ Pocket knife
- ☐ Safety pins
- ☐ Spare eyewear
- ☐ Baby wipes
- ☐ Gold Bond medicated powder/Sports cream
- ☐ Poison Ivy preventative (Technu™)

**You will get wet, scratched & sunburned.
So above all else, bring a positive attitude!!**